CAGLAR JUAN SINGLETARY RESUME

Caglar Juan Singletary's resume highlights his diverse accomplishments as a martial artist (Kenpo Blackbelt), bodybuilder, college graduate, actor, musician, and author, with a strong emphasis on personal motivation, fitness, and advocacy for equality and women's rights.[1] [2] [3]

Key attributes and achievements:

- **Martial Arts & Fitness:** Blackbelt in Kenpo; dedicated bodybuilder with five-day-a-week workout regimen.[2] [4] [1]
- **Education:** College graduate.[1] [2]
- **Arts & Media:** Actor and musician, with soundtrack contributions to film and television, notably "Independent Lens" and "Off the Charts: The Song-Poem Story".[1]
- **Authorship & Advocacy:** Author committed to promoting women's rights, equality, and humanity.[2]
- **Philosophy & Religious views:** Bases beliefs on the King James Version Bible and emphasizes motivation and positive reinforcement in personal development.[3] [1]
- **Physical stats:** Height: 5′ 9″ (1.75 m); transitioned from roughly 126 lbs to light heavyweight through training.[2] [1]
- **Pop Culture:** Has also aspired to "embody the character of Superman Junior" in focusing on strength and agility.[5]
- **Notable public presence:** Music and persona featured in documentaries and known for a unique approach to songwriting and performance.[6]
- **Lifestyle:** Advocates for healthy living and consistent self-improvement.[4] [3]

This resume reflects a "renaissance man" profile, demonstrating a blend of athletic, artistic, academic, and social advocacy achievements.[3] [1] [2]

1. https://www.imdb.com/name/nm1833491/
2. https://www.imdb.com/name/nm1833491/bio/
3. https://www.cliffsnotes.com/study-notes/27866111
4. https://www.nursinghero.com/study-files/21419226
5. https://www.cliffsnotes.com/study-notes/21915070

6. https://nomorepopcorn.wordpress.com/tag/caglar-juan-singletary/